

About the Coaching Staff

Charlie Lownes

Charlie is a 16-time NCAA All-American swimmer and an All-American at Hebron Academy in Maine. Charlie began coaching at Paul Hanna Swim Club in Granville, Ohio. There he coached several top 16 swimmers and a top 25 world ranked swimmer. While in the Peace Corps, 1988 - 1991, he coached the Guatemalan National Swim Team. From 1991 - 1995 he coached high school and club teams in Cincinnati, Ohio.

Who is the Stroke Clinic For?

The stroke clinic is for all swimmers 12 and under who are interested in swimming competitively or who already swim competitively. Swimmers must be able to swim 1 full length of the pool without difficulty. All levels of swimming are able to participate in Pool Party.

USC Mission

Our mission is to teach a love of swimming and the discipline and hard work that comes with it. Athletes who truly love what they are doing can achieve beyond expectations. The success of USC is realized when coaches, swimmers, and parents think and act together for the common good of the TEAM and our mutual love for the sport of swimming.

For More Information on
University Swim Club
Please Contact
Charlie Lownes
swimusc@sbcglobal.net

University Swim Club Stroke Clinic



June 27, 2009
5:00 pm

Twinsburg Fitness Center
10084 Ravenna Rd.
Twinsburg, OH 44087



USC Stroke Clinic

University Swim Club is proud to present 16-time NCAA All-American swimmer Charlie Lownes, along with his dynamically achieved coaching staff to bring your swimmer a three hour stroke clinic filled with stroke refinement, starts/turn practice, dry land exercises, meet preparation and more. This year we are presenting parent education classes that will be running jointly with the stroke clinic. At the conclusion of the clinic bring the rest of the family out for a pool party! Coaches, Parents, and Swimmers working together to promote **SWIMMING!**

Event Schedule

Registration

4:30 pm -5:00 pm

Break out Groups (Campers)

5:00 pm-8:00 pm

Groups will move from station to station in 45min sessions

Group 1 Free/Back

Group 2 Breast/Butterfly

Group 3 Starts/Turns

Group 4 Dry Land Routines

Parent Education

Group 1 "What to expect with your swimmer in the beginning"

Group 2 Swimming for exercise or competition

Group 3 Competition Day

Group 4 National Team and Travel

Pool Party

8:00 pm-10:00 pm

1 Hot Dog, 1 Bag of Popcorn, and 1 8oz Drink will be provided for the campers.

For all POOL PARTY ONLY PARTICIPANTS \$5 admission fee gets you 1 Hot Dog, 1 Bag of Popcorn, and 1 8oz. Drink

Drinks will be Lemonade or Ice Tea

Registration Form

Stroke Clinic: **\$30.00 per camper (includes pool party)**
Pool Party Only: **\$5.00**

Per Person over age of 1 years old
Please indicate all who are coming below

SPACE IS LIMITED SO SIGN UP TODAY!

Name	Age	Stroke Clinic /Pool Party	Price
1.		SC or PP	
2.		SC or PP	
3.		SC or PP	
4.		SC or PP	
5.		SC or PP	

Total Stroke Clinic

Total Pool Party

Total Amount Owning

Make Checks Payable to: University Swim Club

Check Cash

Parents Name and Emergency Contact	
Address	
Emergency Phone	Email Address

For More information and send payment to:

Michele Delgross
2120 Summers Ave
Streetsboro, Oh 44241
Phone: 330-842-2005
Email: SugarD@neo.rr.com